



ARRÁBIDA
WALKING TRAILS

SETÚBAL - PORTUGAL
WALKING TRAILS



WALKING TRAILS MAP				
PR1 – SLOPES OF SÃO FILIPE				
PR2 – ALTO DO FORMOSINHO				
PR3 – PORTINHO DA ARRÁBIDA				
PR3 – Alpertuche Branch				
PR4 – VILLAGES OF AZEITÃO (long route)				
PR4.1 – VILLAGES OF AZEITÃO (short route)				
		Length (km)	Duration (hours)	Difficulty
PR1 STB	PR1 STB Slopes of S. Filipe	3,9	1h15	Very easy
PR2 STB	PR2 STB Alto do Formosinho	8,3	3h30	Difficult
PR3 STB	PR3 STB Portinho da Arrábida	2,3	1h00	Very easy
	PR3 STB Alpertuche Branch (optional)	1,3	0h35	Very easy
PR4 STB	PR4 STB Villages of Azeitão (long)	17,0	5h15	Easy
	PR4.1 STB Villages of Azeitão (short)	11,2	3h25	Easy



PR1 STB SLOPES OF SÃO FILIPE

This route, ideal for a short walk and very accessible for beginners, stands out for its excellent views. It starts by the Sado estuary, in Parque Urbano de Albarquel (Albarquel Urban Park), and winds its way through the paths surrounding the Fortress of São Filipe, a must-see for anyone visiting Setúbal. From its walls, you can enjoy one of the most extraordinary panoramic views of the city and the bay, so we recommend that you visit it.

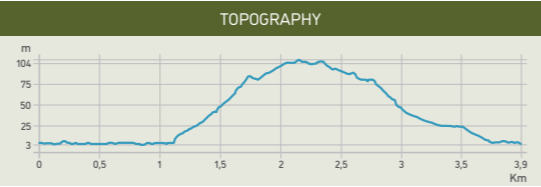
Start and finish: Parque Urbano de Albarquel (PUA), at the end of the parking lot, next to the information panel (38°30'53.52"N; 8°54'32.89"W).

Be careful when crossing the road on the way back. It's on a bend, which can be dangerous. It is advisable to cross to the right-hand side, where the verge is wider.



TECHNICAL SHEET PR1		
Type of trail		circular
Recommended season		September to June
Recommended direction		anti-clockwise
Length		3,9 Km
Estimated duration		1h15
Total altitude variation		266m (133+/133-)
Altitude min/max		3m / 104m

DIFFICULTY LEVEL: VERY EASY			
1	1	1	2



PR2 STB ALTO DO FORMOSINHO

A linear route through the Serra da Arrábida, passing the highest point of the mountain range, Alto do Formosinho. This is a more difficult trail, and the one that most closely resembles mountaineering conditions, due to the steepness and characteristics of the terrain.

It stands out for its dense Mediterranean vegetation and its views of the sea of Arrábida and of the land between the Sado and Tagus estuaries. On the final stretch, you will find the Arrábida Convent, which requires prior booking to visit.

Start: Vila Nogueira de Azeitão, in Praça da República (Rossio), near the Azeitão Tourist Office (38°31'8.76"N; 9°0'47.65"W).

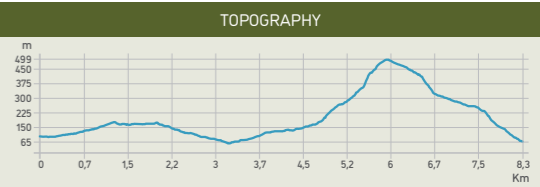
Finish: EN379-1, near the junction for Portinho da Arrábida (38°28'15.10"N; 8°59'29.68"W).

The terrain requires shoes with a strong grip. Given the predominance of rocky and clayey terrain, we do not recommended this route in the rainiest months, such as December and January.



TECHNICAL SHEET PR2		
Type of trail		linear
Recommended season		September to June
Not recommended months		December and January (rainy months)
Recommended direction		Vila Nogueira de Azeitão – Portinho da Arrábida
Length		8,3 Km
Estimated duration		3h20
Total altitude variation		1129m (544+/585-)
Altitude min/max		65m / 499m

DIFFICULTY LEVEL: DIFFICULT			
4	2	4	3



PR3 STB PORTINHO DA ARRÁBIDA

A linear route, ideal for a short walk by the sea and excellent for beginners. Despite being a short route, it connects Creiro to Portinho da Arrábida and Alpertuche, taking us through the various human occupations of Arrábida.

The Creiro Archaeological Station is evidence of one of the oldest industrial complexes for the production of fish products in the Setúbal area.

The "Lapa de Santa Margarida" cave can be easily visited (after 250 steps) and the Forte de Santa Maria is now home to the Oceanographic Museum.

Start: Creiro car park, next to the Archaeological Station (38°28'55.40"N; 8°58'36.08"W).

Finish: EN379-1, at the access to Alpertuche (38°28'12.81"N; 8°59'30.59"W).



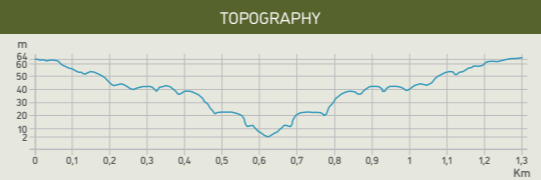
PR3 STB ALPERTUCHE BRANCH

Optional branch of the PR3, which allows access to Alpertuche, a naturalized beach with clear waters, in the heart of Prof. Luiz Saldanha Marine Park. This marine protected area has a high level of biodiversity, with more than 1,800 marine species recorded, as many species, both of cold and warm waters, have their limits of distribution here.

Start and finish: EN379-1, at the access to Alpertuche (38°28'12.81"N; 8°59'30.59"W).

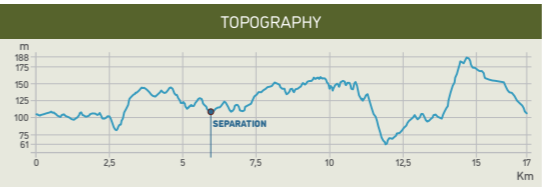
TECHNICAL SHEET: Alpertuche Branch (roundtrip)		
Length		1,3 Km
Estimated duration		0h35
Total altitude variation		138m (96+/96-)
Altitude min/max		4m / 64m

DIFFICULTY LEVEL: VERY EASY			
1	1	1	1



TECHNICAL SHEET PR4 (long route)		
Type of trail		circular
Recommended season		September to June
Recommended direction		anti-clockwise
Length		17,0 Km
Estimated duration		5h15
Total altitude variation		982m (491+/491-)
Altitude min/max		61m / 188m

DIFFICULTY LEVEL: EASY			
1	1	2	3



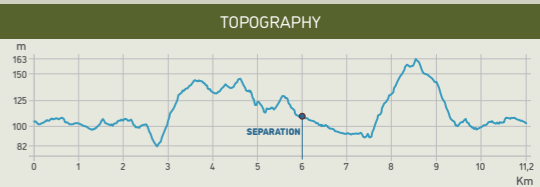
PR4 STB VILLAGES OF AZEITÃO (short route)

This shorter variant of the route is ideal for those with a special interest in cultural heritage, as well as natural heritage, allowing you to see the various chapels, fountains and emblematic sites that make Azeitão such a historically rich place.

Start and finish: Vila Nogueira de Azeitão, in Praça da República, near the Azeitão Tourist Office (38°31'8.76"N; 9°0'47.65"W).

TECHNICAL SHEET PR4.1 (short route)		
Type of trail		circular
Recommended season		September to June
Recommended direction		anti-clockwise
Length		11,2 Km
Estimated duration		3h25
Total altitude variation		566m (283+/283-)
Altitude min/max		82m / 163m

DIFFICULTY LEVEL: EASY			
1	1	2	3



SIGNAGE

The Arrábida Walking Trails network uses the signage system defined by the Portuguese Camping and Mountaineering Federation (FCMP®), in the form of yellow and red markings signposting the small routes.



RIGHT
WAY



WRONG
WAY



TURN
RIGHT



TURN LEFT

These signage can appear on various supports, such as trees and electricity or lighting poles, fences or walls, in an intuitive and natural way, so that you can fully enjoy the route, without any worries.

LEVEL OF DIFFICULTY, ALTITUDE VARIATION AND RECOMMENDATIONS

In order to convey the difficulty of each route, the MIDE® - Método de Informação de Excursiones (Excursion Information Method) code was adopted, a tool for walkers to choose the route that best suits their preparation and motivation.

This method bases the degree of difficulty on four aspects of the course:



ADVERSITY OF THE ENVIRONMENT:
Whether it poses many or few risks



SURFACE/DIFFICULTY IN PROGRESSION: Whether the route is flat or has areas where you have to use your hands or climb



ORIENTATION:
Whether it is well laid out or travels through off track areas



PHYSICAL EFFORT:
Demand in terms of real walking time

For each trail, the respective **MIDE rating is shown, on a scale of 1 to 5 (1 - very easy; 2 - easy; 3 - somewhat difficult; 4 - difficult and 5 - very difficult)**, as well as the altitude variation and particular recommendations concerning times of the year, the need for specific equipment, the existence of supply points, etc.

Find about these issues and take into account your physical fitness before you decide to go on a hike.



CODE OF CONDUCT

The network of walking trails runs through a protected area on private property. To preserve this network and its future continuity, scrupulous compliance with a few simple rules is crucial. We remind you that when you travel through this network of trails, you are under your own responsibility.

- Keep to the signaged trails. Do not choose variations that may cause impacts by trampling or habitat disturbance;
- Although this is a protected area, the trails are located on private property. Respect heritage and inhabitants;
- Motorised vehicles are not allowed;
- Camping and fires are forbidden;
- Keep your distance from animals. Do not feed them. Observe them with binoculars;
- Do not collect plants or geological samples;
- Visitors are responsible for the rubbish they produce. Please take your rubbish with you and dispose of it in the appropriate places. The availability of containers is very limited in natural areas;
- If you choose to take your dog, keep it on a leash and collect its waste;
- Contact the local authorities whenever you detect any irregularity;
- Evaluate your walk carefully and avoid risks. Always take enough food and hydration with you. Choose trails that suit your physical condition;
- The trails should be used by small groups. An excess of visitors can cause erosion and the destruction of vegetation.

+ INFORMATION AT:



APP WALKBOX
SETÚBAL



Pedestrian route registered and approved by:

